

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 002074

**Submission Date:** 07/15/2010

**Organization Type:** Educational Institution

**Organization Name:** Harvard School of Public Health

**First Name:** Walter

**Last Name:** Willett, MD, DrPH

**Job Title:** Chair, Dept of Nutrition; Fredrick John Stare Professor of Epidemiology and Nutrition

**Key Topic:** Carbohydrates, Fats, Food Groups, Minerals, Other, Vitamins

**Sub Topic:** Added sugars, B Vitamins, Calcium, Folate, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Milk, Vitamin D, Whole grains

**Attachment:** Y

**Comment:** The report has made positive changes but has some shortcomings (see attachment). Positive changes: stronger recommendation to reduce sugary beverages; greater emphasis on sodium reduction; and much less emphasis on the percentage of energy from total fat, which is correctly described as not related to weight gain, obesity, or any other major health outcome. Shortcomings: (1) Total fat is still recommended to be less than 35% of calories, and there is no basis for setting an upper limit on total fat. (2) The recommendation for three servings of milk per day is not justified and is likely to cause harm to some people. Prospective studies and randomized trials have consistently shown no relation between milk intake and fracture risk, yet many studies have shown a relation between high milk intake and risk of fatal or metastatic prostate cancer. (3) The recommendation for high intake of lean meat is worrisome: There is substantial evidence that high heme iron intake may increase diabetes risk; red meat consumption has been associated with incidence of colorectal cancer; and there is some data that red meat consumption during adolescence and early adult life is associated with higher risks of premenopausal breast cancer in women. (4) The report seems relatively silent on vitamin D, even though there is strong evidence that blood levels are not optimal for 2/3 of Americans. Vitamin D supplementation is probably the safest way to increase levels, and it has been shown to reduce risk of fractures in randomized trials if the dose is 700 IU per day or more. (5) The report does not reinforce adequately the CDC recommendation that women of reproductive age who might possibly become pregnant should take a supplement of folic acid, which is most conveniently done as part a multiple vitamin. (6) The report still suggests that having half of grains as refined grains is healthy. Refined grains have adverse metabolic effects and provide many empty calories and minimal benefits.

**Comment ID:** 002076

**Submission Date:** 07/15/2010

**Organization Type:** Educational Institution

**Organization Name:** Harvard School of Public Health

**First Name:** Meir

**Last Name:** Stampfer, MD, DrPH

**Job Title:** Professor of Nutrition and Epidemiology

**Key Topic:** Carbohydrates, Fats, Food Groups, Minerals, Vitamins

**Sub Topic:** Added sugars, B Vitamins, Calcium, Folate, Grains, Whole grains, Iron, Meat, Beans, Eggs, Fish, and Nuts, Milk, Other, Sodium, Vitamin D, Whole grains

**Attachment:** Y

**Comment:** The report has made positive changes but has some shortcomings (see attachment). Positive changes: stronger recommendation to reduce sugary beverages; greater emphasis

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**Key Topic: Food Groups**

on sodium reduction; and much less emphasis on the percentage of energy from total fat, which is correctly described as not related to weight gain, obesity, or any other major health outcome. Shortcomings: (1) Total fat is still recommended to be less than 35% of calories, and there is no basis for setting an upper limit on total fat. (2) The recommendation for three servings of milk per day is not justified and is likely to cause harm to some people. Prospective studies and randomized trials have consistently shown no relation between milk intake and fracture risk, yet many studies have shown a relation between high milk intake and risk of fatal or metastatic prostate cancer. (3) The recommendation for high intake of lean meat is worrisome: There is substantial evidence that high heme iron intake may increase diabetes risk; red meat consumption has been associated with incidence of colorectal cancer; and there is some data that red meat consumption during adolescence and early adult life is associated with higher risks of premenopausal breast cancer in women. (4) The report seems relatively silent on vitamin D, even though there is strong evidence that blood levels are not optimal for 2/3 of Americans. Vitamin D supplementation is probably the safest way to increase levels, and it has been shown to reduce risk of fractures in randomized trials if the dose is 700 IU per day or more. (5) The report does not reinforce adequately the CDC recommendation that women of reproductive age who might possibly become pregnant should take a supplement of folic acid, which is most conveniently done as part a multiple vitamin. (6) The report still suggests that having half of grains as refined grains is healthy. Refined grains have adverse metabolic effects and provide many empty calories and minimal benefits.

**Comment ID:** 001956

**Submission Date:** 07/15/2010

**Organization Type:** Educational Institution

**Organization Name:** Penn State University

**First Name:** Penny

**Last Name:** Kris-Etherton

**Job Title:** Distinguished Professor of Nutrition

**Key Topic:** Fats, Food Groups

**Sub Topic:** Milk, Saturated fatty acids

**Attachment:** Y

**Comment:** See my attached letter about the role of reduced-fat cheese in a healthy diet.

**Comment ID:** 002073

**Submission Date:** 07/15/2010

**Organization Type:** Educational Institution

**Organization Name:** The Rudd Center for Food Policy & Obesity

**First Name:** Marlene

**Last Name:** Schwartz

**Job Title:** Deputy Director

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** Y

**Comment:** The Rudd Center would like to address the issue of flavored milk as an unfavorable source of added sugar in children's diets.

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*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001746

**Submission Date:** 07/13/2010

**Organization Type:** Educational Institution

**Organization Name:**

**First Name:** Joanne

**Last Name:** Irwin

**Job Title:** Instructor

**Key Topic:** Food Groups

**Sub Topic:** Fruits, Grains, Whole grains, Vegetables

**Attachment:** N

**Comment:** As an instructor who teaches plant based nutrition for cancer prevention and survival, I'm in a quandary as to why the Advisory Committee is 'soft' on recommending a plant based lifestyle, given the preponderance of empirical data that evidences the health benefits of plant based nutrition. I'm, also, in a quandary as to why the 'greater good' of the public and future generations is not prioritized when formulating policy? What is it going to take for 'authentic' change to be embraced?

Chronic disease rates are soaring in the USA. Heart disease, diabetes and cancers are no longer the domains of adults. They're now effecting our children. We must present the truth to the American public. The research on the benefits of consuming fruits, vegetables, grains and legumes over beef and dairy must be presented in full. It's easy to wonder what type of hold the beef and dairy industries have on our policy makers?

I sincerely hope that the Committee makes a stronger statement on the benefits of plant based foods, and that the Committee listens, really listens, to those physicians and researchers who are advancing the cause of a dietary lifestyle that will move our country from disease and burdening health care costs, to a nation that is fully alive, aware, healthy and vibrant.

Thank you.

Joanne Irwin, M.Ed.

Instructor, The Cancer Project

**Comment ID:** 001084

**Submission Date:** 06/22/2010

**Organization Type:** Federal Agency

**Organization Name:** FNS

**First Name:** Harvey

**Last Name:** Hoffman

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** consider using the term "calorie dense" instead of "energy dense" in your report. Nutritionists would understand that energy dense is in contrast to nutrient dense, but to the

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**Key Topic: Food Groups**

general populace energy dense also sounds positive. Since calorie dense, bereft of almost any other nutrients, is what is meant by energy dense foods, calorie dense would communicate better the negative effects of such foods.

**Comment ID:** 002031

**Submission Date:** 07/15/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Mary Ellen

**Last Name:** Camire, PhD

**Job Title:** Professor

**Key Topic:** Carbohydrates, Eating Patterns, Food Groups

**Sub Topic:** Fiber, Grains, Whole grains, Whole grains

**Attachment:** Y

**Comment:** Please see attached for comments on the DGAC technical report.

**Comment ID:** 002052

**Submission Date:** 07/15/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Amy

**Last Name:** Mobley

**Job Title:** Assistant Clinical Professor

**Key Topic:** Carbohydrates, Food Groups

**Sub Topic:** Fiber, Grains, Whole grains, Whole grains

**Attachment:** Y

**Comment:** See attached letter

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001344

**Submission Date:** 07/02/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Cathy

**Last Name:** Cohen

**Job Title:** Nutritionist

**Key Topic:** Eating Patterns, Energy Balance/Physical Activity, Fats, Food Groups, Nutrient Density/Discretionary Calc, Other

**Sub Topic:** Fruits, Meat, Beans, Eggs, Fish, and Nuts, Oils, Unsaturated fatty acids, Vegetables, Weight loss, Weight maintenance

**Attachment:** N

**Comment:** Research is emerging that a Mediterranean eating style may be the most healthful and protective from disease. Guidelines should emphasize the importance of whole foods, plant foods, and consumption of healthy fats and oils (olive oil, canola oil, nuts and seeds, avocados, fatty fish), de-emphasizing the erroneous notion that fat is unhealthy and is to be avoided. Fat intake at even 40% of caloric intake may be very healthful for those who are able to maintain a healthy weight by keeping total calorie intake within age and weight-appropriate target range. At the same time, guidelines should emphasize the potential detrimental health effects of refined grain products which should be included in the discussion of added sugars. Guidelines for daily consumption of vegetables and fruits should be increased so as to replace other foods that are less nutrient-dense and more calorie-dense to aid in weight management. Physical activity guidelines should include simple ways to accumulate shorter bouts of activity during the day as an alternative to (or in addition to) one 30 or 60-minute session, since the idea is get people moving more frequently overall, outside of scheduled formal exercise. Lastly, ways to actually get people to read the Dietary Guidelines and adhere to them should be explored - which of course may entail changes on the industry and policy levels.

**Comment ID:** 001244

**Submission Date:** 06/26/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Srilata

**Last Name:** Thirunagari

**Job Title:** Engineer

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** Dear Sir/Madam,

It is well known that meat, especially factory farming is detrimental to health. Eating fruits, grains and vegetables is beneficial to one's health. Not only is eating meat and farming animals bad for the health, it also adversely affects the environment. The methane released by the animals is 73 times more warming than carbondioxide released by vehicles. There is recent evidence that factory farming causes 51% of global warming and that the UN report Livestock's Long Shadow of 2006 may be an underestimate.

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Also, there are ethical issues of raising animals and murdering them for one's appetite. To practice compassion is the noblest path. I recommend that the dietary guidelines for Americans be revised to eliminate meat. Meat is filled with toxins and our bodies are not designed to eat it. Our mouth, hands and digestive system, all point to us as being plant eaters. We do not have claws or sharp teeth as the forest carnivores do. By eating meat, we are stressing our systems and the toxins from the meat remain in our systems and do not get flushed out, turning into nasty cancers, and other diseases.

Also, milk drinking is detrimental to health with many people suffering from lactose intolerance and it also causes listeriosis and other diseases. The dairy cow is also the most abused animal suffering from birth till death. Please use your good judgment and scientific data that points to a plant based diet as the best one for humankind.

**Comment ID:** 001091

**Submission Date:** 06/23/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Phyllis

**Last Name:** Hasbrouck

**Job Title:**

**Key Topic:** Fats, Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** I am writing to urge that you scrap the draft Dietary Guidelines that you have issued, and start over with a committee of individuals who have no ties to the food processing industry or to universities that accept funding from the food processing industry.

These guidelines once again demonize healthy foods like animal fats and proteins, and drive people to a high carbohydrate, low-fat diet which has killed and injured so many people.

I was a vegetarian for years, which resulted in acid reflux, inflammations, and peripheral neuropathy. By switching to a diet of nutrient-dense foods, including lots of animal fats and meats (all organic) these problems have improved greatly.

When I was a vegetarian I got sick about 5 or six times in year. In the 5 years since I went to the Weston A. Price diet, I have been sick a total of 4 times. In Nov. 2009 I gave up glutinous grains. I lost 32 pounds and am now at my ideal weight. I eat meat, butter, eggs, whole raw milk every day, and my cholesterol is only at 140.

The Guidelines lump trans fats together with saturated fats-calling them Solid Fats-thereby hiding the difference between unhealthy industrial trans fats and healthy traditional saturated fats. Trans fats contribute to inflammation, depress the immune system, interfere with hormone production, and set up pathological conditions leading to cancer and heart disease, whereas saturated fats fight inflammation, support the immune system, support hormone production and protect against cancer and heart disease.

Please wake up to the fact that ever since the government started promoting this low-fat, high-carb diet, our nation's health has gone downhill, though the profits of food processing corporations have gone up.

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*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001095

**Submission Date:** 06/23/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Kathleen

**Last Name:** O'Donnell

**Job Title:** pharmacist

**Key Topic:** Fats, Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** 1. The proposed 2010 Dietary Guidelines perpetuate the mistakes of previous guidelines in demonizing saturated fats and animal foods rich in saturated fatty acids such as egg yolks, butter, whole milk, cheese, fatty meats like bacon and animal fats for cooking. The current obesity epidemic emerged as vegetable oils and refined carbohydrates replaced these healthy, nutrient-dense traditional fats. Animal fats supply many essential nutrients that are difficult to obtain from other sources.

2. When a healthy food like cheese is singled out as a food to be avoided, there must be something wrong with the premises on which the guidelines are based.

3. Basic biochemistry shows that the human body has a very high requirement for saturated fats in all cell membranes; if we do not eat saturated fats, the body will simply make them from carbohydrates. But excess carbohydrate increases blood levels of triglyceride and small, dense LDL, and compromises blood vessel function. Moreover, high-carbohydrate diets do not satisfy the appetite as well as diets rich in traditional fats, leading to higher caloric intakes and often to bingeing and splurging on empty foods, resulting in rapid weight gain and chronic disease.

4. The proposed guidelines will perpetuate existing nutrient deficiencies present in all American population groups, including deficiencies in vitamins A and D found in animal fats, vitamins B12 and B6 found in animal foods, as well as minerals like calcium and phosphorus, which require vitamins A and D for assimilation. Moreover, low intakes of vitamin K2, are associated with increased risk of heart disease and cancer. The main sources of vitamin K2 available to Americans are egg yolks and full-fat cheese.

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*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001345

**Submission Date:** 07/02/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Heather Jo

**Last Name:** Mangum

**Job Title:** Angry Mom with a Brain

**Key Topic:** Food Groups

**Sub Topic:** Other

**Attachment:** N

**Comment:** I would like the new guidelines to differentiate between sources/types of foods. Not all meats are created equal, nor all vegetables created equally. When you say how much a serving of chicken is, for example, why do you not differentiate between natural chicken and processed chicken? It should be clear that food with hormones, antibiotics, chemicals or genetic modification are not as healthy as those without. Even some guidelines on what is preferred would be better than nothing.

I'm a mother who thought I was doing the right thing for my family when choosing lean meats, whole grains and fresh produce. Imagine my surprise when I watched Food, Inc which prompted me to start learning more and reading more labels. I can't believe the number of food products that are advertised as healthy and natural but really aren't.

I am an intelligent and successful (MBA in Mgmt at Fortune 500 company) woman and yet even I had absolutely no idea how much junk was in some foods I thought were actually healthy. Even worse.... I can't believe how much of it is simply unnecessary. What good reason is there for artificial food coloring when natural coloring is available and affordable for manufacturers?

Bottom line, the next time guidelines are updated they should pass the "Common Sense Red Face Test". Your public is more educated and concerned and is now watching with informed judgement. Respond in kind.



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*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001348

**Submission Date:** 07/03/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Katrina

**Last Name:** Martin Davenport

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Fruits, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Vegetables

**Attachment:** N

**Comment:** Ditch sugar as much as possible, use grains only sparingly, eat red meat sparingly, avoid highly-contaminated and over-fished seafood, eat as wide a variety of non-starchy vegetables as your market and garden can produce, eat eggs and dairy as you like. Eliminate GMO and highly processed foods of any kind. Eat local as much as possible. Push for the allowance of raw milk.

**Comment ID:** 001349

**Submission Date:** 07/03/2010

**Organization Type:** Individual/Professional

**Organization Name:** [www.blog.realfood-realhealth.com](http://www.blog.realfood-realhealth.com)

**First Name:** Nancy

**Last Name:** Howarth

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** Y

**Comment:** While I agree with the 2010 Dietary Guidelines that "good health and optimal functionality across the life span are achievable goals but require a lifestyle approach including a total diet that is energy balanced and nutrient dense," I do not agree with some of the approaches for accomplishing these goals. Unfortunately, the Guidelines are based on several false premises: that (1) body weight is only a matter of calorie balance, (2) we should fear saturated fat, (3) cholesterol levels predict heart disease, and (4) a plant-based diet is nutrient dense. I have attached an expanded discussion of these points.

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*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001450

**Submission Date:** 07/09/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Elizabeth

**Last Name:** Ward

**Job Title:** Nutrition Consultant and Freelance Writer

**Key Topic:** Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts, Other, Vegetables

**Attachment:** Y

**Comment:** See attachment for comments.

**Comment ID:** 001452

**Submission Date:** 07/09/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Winston

**Last Name:** Clegg

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** I'm looking at the new, proposed food group chart. It seems to recommend up to 11 servings of a carbohydrate type food a day! This seems way out of line with the increase of obesity and diabetes.

Even within that carbohydrate group, you have a picture of a muffin which as an amateur cook I can tell you has as much sugar and oil in it as the cookie at the top of the chart. Remember, a serving is 2 cookies or 1 muffin. Per serving the muffin has far more calories, fat and sugar.

I think you need to take a very hard look at that chart. It's going to encourage a very high consumption of carbohydrates and in this country, produced carbohydrates like cold cereal, doughnuts, muffins and crackers should really be at the top of the chart with chips and cookies.

While I am no diet fan, the Atkins diet has proven that the over consumption of carbohydrates can be just as bad for health as any other poor diet trend. This new chart makes carbohydrates look like the heroes of the food industry.

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*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001535

**Submission Date:** 07/09/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Nerissa

**Last Name:** Wong-VanHaren

**Job Title:** Fitness Instructor

**Key Topic:** Food Groups

**Sub Topic:** Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Milk, Vegetables

**Attachment:** N

**Comment:** I would like to see the USDA revise the food groups and put meat, eggs, fish, and dairy products in one group, which is the animal protein group. Beans and nuts would constitute the vegetable protein group. The recommended daily intake of vegetable proteins should be larger and the recommended daily intake of animal proteins should be 0-2 servings, similar to the fats and oils. Americans do not need as much protein as we think we need. Because we think we need protein, we end up eating more dairy and animal proteins than is healthy and ecologically sound. Also Americans consume far too many dairy products, and because of strong lobbying and govt subsidies of the dairy industry, the negative effects of dairy have not been brought to light. Americans do not need to increase calcium intake! They already ingest large amounts of calcium. What they need is weight bearing exercise, and a diet which is lower in acid-forming proteins such as animal proteins, which cause calcium to be leached from bones in order to balance blood pH. A diet based on whole grains, vegetables, fruits, and vegetable proteins is the most healthful.

**Comment ID:** 001560

**Submission Date:** 07/10/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** Please don't forget about potatoes when developing the guidelines. They are a nutrient dense food that meets the mark in so many positive ways and contribute to a healthy diet.

Here's how nutrient-dense potatoes stack up:

Potatoes meet the mark in filling the potassium void as an under-consumed nutrient in our diets. A fresh medium potato with the skin contains as much or more potassium (620

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*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Food Groups**

mg) than bananas, spinach, or broccoli, and ranks the highest in potassium content among the 20 most frequently consumed raw vegetables and the 20 most frequently consumed raw fruits.

Potatoes provide 45% of the daily value for vitamin C, the same amount as a serving of spinach but more vitamin C than one medium carrot (10% DV), tomato (40% DV), or sweet potato (30% DV).

Potatoes are affordable and provide a better nutritional "return on investment" than other vegetables. Potatoes are economical at about 25 cents per serving.

Potatoes are popular, recognized, prepared and well-liked by virtually every socioeconomic, cultural and ethnic group. They are an important part of many traditional meals and celebrations throughout the year.

Potatoes in restaurants and take home French fry products have benefited from innovation techniques that reduce total fat, saturated fat and sodium. In recent years, the industry has taken steps to develop healthier fries. In fact, manufacturers of fried potato products have switched to unsaturated oils for frying, and today's take home fries offer lower fat and sodium content as well, while retaining the key nutrients provided by potatoes, such as potassium and vitamin C.

Studies clearly show what nutrition scientists have always known: when it comes to weight loss, it is calories that count. If you consume more calories than you expend, you will gain weight. Therefore, a good rule to eat by is all things in moderation.

**Comment ID:** 001601

**Submission Date:** 07/11/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Tammy

**Last Name:** Shames

**Job Title:** Registered Dietitian, Certified Personal Trainer

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** Please keep potatoes in mind when developing the guidelines as they are a healthy and important part of the American diet.  
A few important potato facts:

Potatoes meet the mark in filling the potassium void as an under-consumed nutrient in our diets. A fresh medium potato with the skin contains as much or more potassium (620 mg) than bananas, spinach, or broccoli, and ranks the highest in potassium content among the 20 most frequently consumed raw vegetables and the 20 most frequently consumed raw fruits.

Potatoes provide 45% of the daily value for vitamin C, the same amount as a serving of spinach but more vitamin C than one medium carrot (10% DV), tomato (40% DV), or sweet potato (30% DV).

Potatoes are affordable and provide a better nutritional "return on investment" than other vegetables. Potatoes are economical at about 25 cents per serving.

Thanks for your consideration for including potatoes in the guidelines.

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*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001613

**Submission Date:** 07/11/2010

**Organization Type:** Individual/Professional

**Organization Name:** The Nutrition Twins

**First Name:** Lyssie

**Last Name:** Lakatos

**Job Title:** RD

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** Potatoes meet the mark in filling the potassium void as an under-consumed nutrient in our diets. A fresh medium potato with the skin contains as much or more potassium (620 mg) than bananas, spinach, or broccoli, and ranks the highest in potassium content among the 20 most frequently consumed raw vegetables and the 20 most frequently consumed raw fruits.  
Potatoes provide 45% of the daily value for vitamin C, the same amount as a serving of spinach but more vitamin C than one medium carrot (10% DV), tomato (40% DV), or sweet potato (30% DV).

**Comment ID:** 001621

**Submission Date:** 07/12/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Paul

**Last Name:** Petiprin

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** Your new guidelines show very poor judgement in your continued support of the meat and dairy industries. Your own financial enrichment is still more important than the health of our citizens. Shameful.

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*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001252

**Submission Date:** 06/27/2010

**Organization Type:** Individual/Professional

**Organization Name:** Quality Trust

**First Name:** Elena

**Last Name:** Marcus

**Job Title:** Writer

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** There is nothing in these proposed guidelines to suggest any knowledge in nutrition gathered in the last hundred years. The fish is again included together with meat, poultry, eggs, and dry beans. Fish should stand in a separate category, as the essential fatty acid DHA is essential to all metabolic processes -- unless there is a distinction made in the ?fats and oils? category to provide for the consumption of the Omega 3 fats, either from fish or from vegetable sources ? or unless the commission wants to suggest EFA supplementation. There is no scientific basis behind the guideline that ?fats and oils? are to be used interchangeably, but ?sparingly,? while 2-3 servings of daily cheese is a guideline choice. The inclusion of fats, oils and sweets in the same category is again odd, to say the least. Fats, oils and carbohydrates are needed for life, while ?sweets? ?to be used sparingly? are a mystery food -- perhaps if you hover on it long enough with your mouse, you?ll find a link.

**Comment ID:** 001292

**Submission Date:** 06/29/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Steven M

**Last Name:** Day

**Job Title:** Attorney

**Key Topic:** Food Groups

**Sub Topic:** Milk

**Attachment:** N

**Comment:** More Milk? Shame on you. Take this job seriously for a change and promote health and not the dairy industry. The evidence clearly shows your advice to be wrong.

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*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001316

**Submission Date:** 07/01/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Kevin

**Last Name:** Moore

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Vegetables

**Attachment:** N

**Comment:** After discontinuing an unhealthy diet that included meat and dairy products for a plant based diet, It has become clear to me, that the best possible diet for the human body is a vegan one. My health quickly improved eating a plant-based diet.  
I can only assume that the reason the federal government has not come to the same conclusion, despite all the research pointing to a healthy plant-based diet, is that it has been compromised by food industry professionals that care nothing about the health of U.S. citizens. Perhaps we should add the ingredient of "greed" to the the new food pyramid.

**Comment ID:** 001331

**Submission Date:** 07/01/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Fruits, Grains, Whole grains, Vegetables

**Attachment:** N

**Comment:** I can't believe you are still promoting meat and dairy when we know how bad it is for people.

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*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001336

**Submission Date:** 07/01/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** John

**Last Name:** Forrest

**Job Title:** physician

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** All good research has shown that a diet which eliminates or minimizes dairy and meat is much healthier. Please stop telling the American people that these foods are part of a balanced diet.

Thank you,

John V. Forrest, M.D.

**Comment ID:** 001337

**Submission Date:** 07/01/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Jerry

**Last Name:** Amos

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts

**Attachment:** N

**Comment:** Basic physiology of primates - take a look at meat eaters, what kind of teeth do they have? Sharp points. Take a look at Humans, what are their teeth good for? Eating vegetables and fruits. Chimpanzees, our closest relative, eat greens and fruits. Plenty of nutrition, strong muscles and bones. Rampant obesity is a direct result of addiction to meat (for carnivores) cows milk (for calves) and eggs (for baby chicks). We're more addicted to these unnecessary foods as we are to tobacco and alcohol. Reference, "The China Study" by T. Colin Campbell. Our "diseases of affluence" are a direct result of our "diet of affluence". Vegetables, fruits, nuts, whole grains are necessarily the prime foods if we are to combat obesity, diabetes, heart disease, cancer, osteoporosis, dementia, ... Look at the cultures that eat right, their rates of "diseases of affluence" are very low. The USDA guidelines are directly intended to benefit "Food Inc.", not U.S. Citizens.



# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001340

**Submission Date:** 07/02/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Walter

**Last Name:** Grant

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** As to the up coming decision on the dietary guidelines for the public, may I remind the committee that in the 1966 Yearbook of Agriculture printed by the USDA there is a statement that says," futhermore research shows that meat, milk or eggs are not necessary for human health or human well being". So that department has known this for over 40 years. That information disagrees with the medical establishments' claim that a person needs to have animal products in their diet to get B-12! So, as a final comment let me interject a little religion for all of you Bible based believers out there. The USDA has in essence lead us back to Gods original diet which is now proving to be the best diet for humanity.

**Comment ID:** 001343

**Submission Date:** 07/02/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Jacqueline

**Last Name:** Dioszegi

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** People know what they're supposed to eat...lean meats, vegetables, fruits, whole grains, lean dairy....what they do not know or understand is they why (beyond excess calories/body weight). I would like to see much more, and much more focused/integrated nutrition education surrounding the guidelines adopted, however they may change.

I would also hope that there would be more emphasis placed on recommendations for sustainable foods, plant-based foods, sustainable seafood and less refined grain foods (even things such as whole grain breads/products as they are still processed foods).

Variety in the diet is also lacking, so more of a recommendation regarding that would be welcome as well.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 000997

**Submission Date:** 06/16/2010

**Organization Type:** Individual/Professional

**Organization Name:** QHC

**First Name:** C

**Last Name:** Ghosh

**Job Title:** Physician

**Key Topic:** Food Groups

**Sub Topic:** Fruits, Vegetables

**Attachment:** N

**Comment:** Although throughout the report it sepaks about Americans eating less fruits and vegetables that we should, there is no real mention of what eating more fruits and vegetables should replace. Why does the report shy away from plainly stating that Americans should eats more fruits and vegetables WHILE eating LESS meat??

**Comment ID:** 001004

**Submission Date:** 06/16/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Fruits, Vegetables

**Attachment:** N

**Comment:** RE:Article on fruits and vegetables-Orlando sentinel. All the fruit (save FL AND CA when in season) is produced in other countries and we will not buy unless produced in US. Vegetables is getting that way.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001039

**Submission Date:** 06/17/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Katherine

**Last Name:** Welsh

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts

**Attachment:** N

**Comment:** I think it's ridiculous to urge people to eat only a "moderate" amount of meat and eggs. Everyone who eats these foods thinks of their consumption as reasonable, and they contribute to many dangerous diseases, such as heart disease. Since meat and eggs are not required as part of a well-balanced diet, and most people eat too much of them, I'm amazed that the USDA would encourage people to eat them at all. It is irresponsible.

**Comment ID:** 001040

**Submission Date:** 06/17/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Amanda

**Last Name:** Smith

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Milk

**Attachment:** N

**Comment:** The USDA encourgaes people to eat 2-3 servings of dairy products every day, even though the American Dietetic Association has stated that dairy foods are in no way necessary for any stage of life. Now the new recommendation is to increase one's consumption of dairy products. Getting calcium from leafy greens and other plant sources is far healthier choice, especially considering our obesity epidemic.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001064

**Submission Date:** 06/21/2010

**Organization Type:** Individual/Professional

**Organization Name:** Sparboe Farms

**First Name:** Kenneth

**Last Name:** Klippen

**Job Title:** Executive Director

**Key Topic:** Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts

**Attachment:** N

**Comment:** should not revert to what some will perceive as prejudicial against egg consumption in the following language found in the Final Report:

Part D. Section 3: Fatty Acids and Cholesterol

Report of the DGAC on the Dietary Guidelines for Americans, 2010 Page D3-2

The issue of excess dietary cholesterol is also of public health concern. Traditionally, because dietary cholesterol has been shown to raise LDL cholesterol and high intakes induce atherosclerosis in observational studies, the prevailing recommendation has been to restrict dietary cholesterol intake, including otherwise healthy foods such as eggs.

Although the report acknowledges "healthy foods such as eggs" the commentary that precedes this statement is cause for concern as it prejudices the opinion beforehand. We would recommend eliminating the negative reference to eggs altogether in the "issue of excess dietary cholesterol". Even with thirty years of accumulated research showing that dietary cholesterol has only a small effect on plasma cholesterol levels, and that dietary cholesterol has little relationship to heart disease incidence, the dietary cholesterol and egg restrictions have become a part of American dietary myths easily incorporated into our fat-phobic, cholesterol-phobic life-style. But now the consensus based on opinion is slowly giving way to an avalanche of research data showing that eggs are not the serious health concern they have been portrayed to be. Over the years eggs have literally become the icon for high cholesterol, both dietary and plasma, and it has taken considerable research efforts to prove that they do not belong in the "bad food group."

The American Heart Association has set the record straight advocating a healthy diet can include eggs. The Journal of the American Medical Association (JAMA1999;281:1387-1394) [1] reported a study from the Harvard School of Public Health which found no relationship between egg consumption and cardiovascular disease in a

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001077

**Submission Date:** 06/22/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Adrienne

**Last Name:** Cook

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts

**Attachment:** N

**Comment:** "Eat two servings of seafood a week." With allergies to fish and shellfish, what should I substitute instead?

**Comment ID:** 001748

**Submission Date:** 07/13/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Glen

**Last Name:** Merzer

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts, Milk

**Attachment:** N

**Comment:** I suggest replacing report with one sentence: "Meat, dairy, and sugar and making Americans extraordinarily sick and remarkably fat."

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001704

**Submission Date:** 07/12/2010

**Organization Type:** Individual/Professional

**Organization Name:** Nutrition Communication Services

**First Name:** Robyn

**Last Name:** Flipse

**Job Title:** Registered Dietitian

**Key Topic:** Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts, Other, Vegetables

**Attachment:** Y

**Comment:** See comments attached

**Comment ID:** 001714

**Submission Date:** 07/12/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Nancy

**Last Name:** Ball

**Job Title:** Book Indexer/citizen

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** The dietary guidelines should reflect research results that show that plant-based diets are healthier than meat-based diets. Since eating a high-vegetable-and-fruit vegan diet, low in grains, my weight, sleep, skin, energy, and autoimmune disorders have all improved. Vegetables and fruits should be the base of the pyramid, with beans and nuts the major protein sources. Meat and milk (for adults) should be up at the top with fats and oils. There should be less influence from industry and more true health guidelines for Americans to follow.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001776

**Submission Date:** 07/13/2010

**Organization Type:** Individual/Professional

**Organization Name:** Rainier Fruit

**First Name:** Suzanne

**Last Name:** Wolter

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Fruits

**Attachment:** N

**Comment:** The DGAC has done outstanding work that paints a clear picture of what is needed to improve Americans' diets and health, including greater consumption of fruits and vegetables.

Fruits and vegetables are the cornerstone of a healthful diet, yet Americans still do not consume enough. The next edition of the Dietary Guidelines for Americans must have stronger call to action backed up by a strong, intuitive representation in any communications program. Consumers must relate to phrases and images that make it obvious and easy to meet the guidelines. A phrase/image such as "make half your plate fruits and vegetables" is simple and actionable for consumers.

However, it will take more than just communications about dietary guidance to make the changes necessary to improve Americans' diets and their health. It will take policy changes to shift the current food environment to one that supports healthful eating. For example, all federal feeding programs must conform to the guidelines - in letter and in spirit. Industry must help as well. Marketers of fresh produce are uniquely positioned to help this happen, and we will play our role.

Rainier Fruit is a grower/marketer of fresh apples, pears, cherries and blueberries in WA. We currently work in conjunction with our retail partners communicating the importance of a diet rich in fruits and vegetables through POS material, print ads and our web sites. Additionally, we work with our industry partners supporting the efforts of the Produce for Better Health Foundation reaching out to moms with young families about the importance of a healthy diet and the many ways to incorporate fruits into their families' daily diet.

It is now time for the agencies to translate the DGAC report in ways that are unmistakably clear to all consumers and back it up by policy and environmental changes that make it easy to eat right.

Sincerely,  
Suzanne Wolter

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Food Groups**

**Comment ID:** 001780

**Submission Date:** 07/13/2010

**Organization Type:** Individual/Professional

**Organization Name:** Coast Produce Company

**First Name:** Jin Ju

**Last Name:** Wilder

**Job Title:** President

**Key Topic:** Food Groups

**Sub Topic:** Fruits, Vegetables

**Attachment:** N

**Comment:** I am president of Coast Produce Company, a minority owned, small business located in Los Angeles, CA. We are a produce wholesaler and distributor to a diverse customer base that includes independent food retailers, national retailers, foodservice operators, and government agencies (Defense Commissary Agency, Defense Supply Center Philadelphia). I also serve on the Board of Directors for the Produce Marketing Association, serve on committees for the Produce for Better Health Foundation, and was recently appointed by Sen. Tom Vilsack to serve on the USDA Fruit and Vegetable Industry Advisory Committee.

I commend the Dietary Guidelines Advisory Committee (DGAC) on the excellent work that has been done to clarify what is needed to improve the diets and health of Americans. I especially commend the DGAC on making it clear that Americans do not consume enough fruits and vegetables and greater consumption of fruits and vegetables is imperative for improving Americans' health. I hope that the DGAC now can provide strong guidance on consumer communications, e.g. "make half your plate fruits and vegetables", and policy changes, e.g. "all federal feeding programs must conform to the guidelines". More than advice is needed to help Americans change their consumption habits and increase fruit and vegetable intake.

Thank you for your support,

Jin Ju Wilder



# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001782

**Submission Date:** 07/13/2010

**Organization Type:** Individual/Professional

**Organization Name:** Bonipak Produce Co.

**First Name:** Mitch

**Last Name:** Ardantz

**Job Title:** Managing Partner

**Key Topic:** Food Groups

**Sub Topic:** Fruits, Vegetables

**Attachment:** N

**Comment:** The DGAC had done tremendous work to improve Americans diets and health including greater consumption of Fruits & vegetables. It is imperative that this good work continue in the form of policy changes to to improve Americans diets and their health.

**Comment ID:** 001231

**Submission Date:** 06/25/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Patricia

**Last Name:** Woodside

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** Absolutely! It's about time our government provides really healthy eating guidelines. Now if we could just get the FDA and the food manufacturing subsidies in line...

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001237

**Submission Date:** 06/25/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** I do not believe the general public will understand and know what to do using the terminology "plant based".

**Comment ID:** 001372

**Submission Date:** 07/07/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Ed

**Last Name:**

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** There is much evidence (eg.,China Study) that the Meat and Dairy products are literary killing us.  
Get real.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001652

**Submission Date:** 07/12/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** Y

**Comment:** I can't believe that the new recommendations say ?In addition, increase the intake of seafood, and fat-free and low-fat milk and milk products, and consume only moderate amounts of lean meats, poultry, and eggs.? Just who do you work for? You obviously don't work for the American public, because you're recommending sickness and death. I've read 32 books and watched 13 documentaries on the subject of diet and health. A plant-based diet is definitely the way to go. Your job should be easy, PCRM (the Physicians Committee for Responsible Medicine) has already done your job. You can use the Power Plate that they've created. That is a simple, straightforward guideline. Please see the attachment which shows that people are clearly better adapted to a plant-based diet than to a meat-based one. This chart is from a book called Food For Thought: The Vegetarian Philosophy by Ananda Mitra.

**Comment ID:** 001667

**Submission Date:** 07/12/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Babetta

**Last Name:** Wilson

**Job Title:** Teacher

**Key Topic:** Food Groups

**Sub Topic:** Vegetables

**Attachment:** N

**Comment:** I have been eating a vegan diet with increased exercise for the past six of eight years. No meat, no eggs, no dairy. I have never been healthier. I have seen physical changes on my body: scars, skin flaps, and vein patches disappear plus clearer skin, and smoother fingernails. My migraine headaches, sinus problems, periodontal disease have disappeared, When I have caught a cold (less than once per year), it lasts for only 7 days then is gone.

I have never had such good health. I think that you know by some of your statements that a vegan diet is the healthiest. But after my first stint being a vegan, when I went back to adding low-fat dairy and lean meats and occasional fish, I lost all benefits.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Food Groups**

I hope some day that you will be able to recommend the truly healthiest diet for our nation. It won't be the best for the medical profession, and certainly would hurt the economy for the food industry, but it could be revolutionary advice for the American population's health.

It seems your advice should be strictly based on health, not economics.

Sincerely,  
Babetta Wilson

**Comment ID:** 001756

**Submission Date:** 07/13/2010

**Organization Type:** Individual/Professional

**Organization Name:** Citizen of the US

**First Name:** Karel

**Last Name:** Austin

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts, Milk

**Attachment:** Y

**Comment:** John McDougall MD. He also states: "Consumption of plant proteins of lower quality is generally fine as long as calorie needs are met and effort is made to complement the incomplete vegetable proteins?. Individuals who restrict their diet to plant foods may be at risk of not getting adequate amounts of certain indispensable amino acids..." I agree that this is inaccurate and will scare people. "Basic research completed by the legendary scientist, William Rose, on proteins and amino acids in the spring of 1952 determined the human requirements for the eight essential amino acids. By calculating the amount of each essential amino acid provided by unprocessed complex carbohydrates (starches and vegetables) and comparing these values with those determined by Rose, the results show that any single one or combination of these plant foods provides amino acid intakes in excess of the recommended requirements. Therefore, a careful look at the founding scientific research proves it is impossible to design an amino acid-deficient diet based on the amounts of unprocessed starches and vegetables sufficient to meet the caloric needs of humans. Furthermore, mixing plant foods to make a complementary amino acid composition is unnecessary. The addition of animal foods to a starch-based vegan diet does not improve protein nutrition in children or adults. Current scientific research written by world-renowned experts confirms the fallacy of plants having incomplete proteins. The Dietary Guidelines Advisory Committee is guilty of spreading unscientific rumors. " See his comments attached.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001759

**Submission Date:** 07/13/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Michael

**Last Name:** Bray

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Milk, Other

**Attachment:** N

**Comment:** To Whom it May Concern,  
Please include advice to cut down on added sugars and fatty meats. Please say something positive about organic foods, and the value of a plant-based diet. And please consider lessening the importance of dairy consumption. I haven't had dairy in years and feel fantastic and clear-headed.  
Thank you,  
Michael Bray

**Comment ID:** 001785

**Submission Date:** 07/13/2010

**Organization Type:** Individual/Professional

**Organization Name:** B & C Fresh Sales

**First Name:** marty

**Last Name:** craner

**Job Title:** president

**Key Topic:** Food Groups

**Sub Topic:** Fruits, Vegetables

**Attachment:** N

**Comment:** The next edition of the dietary guidelines needs a stronger call to action reinforced with a strong communications program. Fruits and vegetables should be highlighted and the produce industry should be involved and supportive.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Food Groups**

**Comment ID:** 001790

**Submission Date:** 07/13/2010

**Organization Type:** Individual/Professional

**Organization Name:** Schnuck Markets

**First Name:** Michael

**Last Name:** O'Brien

**Job Title:** Vice president of Produce

**Key Topic:** Food Groups

**Sub Topic:** Fruits, Vegetables

**Attachment:** N

**Comment:** The Dietary Guidelines Advisory Committee (DGAC) has done outstanding work that paints a clear picture of what is needed to improve Americans' diets and health, including greater consumption of fruits and vegetables.

Fruits and vegetables are the cornerstone of a healthful diet, yet Americans still do not consume enough. The next edition of the Dietary Guidelines for Americans must have a stronger call to action backed up by a strong, intuitive representation in any communications program. Consumers must relate to phrases and images that make it obvious and easy to meet the guidelines. A phrase/image such as "make half your plate fruits and vegetables" is simple and actionable for consumers.

However, it will take more than just communications about dietary guidance to make the changes necessary to improve Americans' diets and their health. It will take policy changes to shift the current food environment to one that supports healthful eating. For example, all federal feeding programs must conform to the guidelines - in letter and in spirit. Industry must help as well. Marketers of fresh produce are uniquely positioned to help this happen, and we will play our role.

We commend the DGAC for its efforts. Now it is up to the agencies to translate the DGAC report in ways that are unmistakably clear to all consumers and back it up by policy and environmental changes that make it easy to eat right. Years of advice to eat more fruits and vegetables have not moved the consumption needle. The DGAC emphasis on total diet and improving the food environment is a new approach that may help correct that.

Mike O'Brien

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001817

**Submission Date:** 07/13/2010

**Organization Type:** Individual/Professional

**Organization Name:** me

**First Name:** Alex

**Last Name:** Colket

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Milk

**Attachment:** N

**Comment:** when is the government going to stop pandering to the dairy industry and acknowledge that it is in fact not good for you nor for your bones. doesn't anyone at the USDA keep up on research, or are you all just pawns for the industrial agriculture system? are you really recommending that we drink MORE pasteurized milk? plenty of leafy greens have calcium and it is more bio-available.

**Comment ID:** 001820

**Submission Date:** 07/13/2010

**Organization Type:** Individual/Professional

**Organization Name:** Mann Packing Company, Inc. / Healthy Eating Lifestyle Principles, Inc.

**First Name:** Gina

**Last Name:** Nucci

**Job Title:** Director of Foodservice/ President of the Board of Directors

**Key Topic:** Food Groups

**Sub Topic:** Fruits, Vegetables

**Attachment:** N

**Comment:** The Dietary Guidelines Advisory Committee (DGAC) has done outstanding work that paints a clear picture of what is needed to improve Americans' diets and health, including greater consumption of fruits and vegetables.

Fruits and vegetables are the cornerstone of a healthful diet, yet Americans still do not consume enough. The next edition of the Dietary Guidelines for Americans must have a stronger call to action backed up by a strong, intuitive representation in any communications program. Consumers must relate to phrases and images that make it obvious and easy to meet the guidelines. A phrase/image such as "make half your plate fruits and vegetables" is simple and actionable for consumers.

However, it will take more than just communications about dietary guidance to make the changes necessary to improve Americans' diets and their health. It will take policy changes to shift the current food environment to one that supports healthful eating. For example, all federal feeding programs must conform to the guidelines - in letter and in spirit. Industry must help as well. Marketers of fresh produce are uniquely positioned to help this happen, and we will play our role.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Food Groups**

We commend the DGAC for its efforts. Now it is up to the agencies to translate the DGAC report in ways that are unmistakably clear to all consumers and back it up by policy and environmental changes that make it easy to eat right. Years of advice to eat more fruits and vegetables have not moved the consumption needle. The DGAC emphasis on total diet and improving the food environment is a new approach that may help correct that.

Sincerely,

Gina Nucci

**Comment ID:** 001822

**Submission Date:** 07/13/2010

**Organization Type:** Individual/Professional

**Organization Name:** Dr. McDougall's Health and Medical Center

**First Name:** John

**Last Name:** McDougall

**Job Title:** MD

**Key Topic:** Food Groups

**Sub Topic:** Fruits, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Milk, Vegetables

**Attachment:** Y

**Comment:** Conflicting recommendations for plant-food vs. animal-food consumption dominate the 2010 Dietary Guidelines Advisory Committee's recent report, meaning that real solutions for obese and sick Americans will, unfortunately, not be forthcoming. Except for a few hopeful sentences, the committee presents a report filled with fear mongering, doubletalk, omissions of major topics, consistently biased views of the scientific literature, and inexcusable factual errors that favor the livestock industries.

I believe the members of the Dietary Guidelines Advisory Committee know the truth about the role that animal products play in causing the vast majority of chronic diseases that afflict Americans today (heart disease, type-2 diabetes, obesity, osteoporosis, and breast, colon, and prostate cancer, all of which are mentioned in their report). I believe they also know the solution to the health problems Americans face since they recommend taking steps to "Shift food intake pattern to a more plant-based diet that emphasizes vegetables, cooked dry beans and peas, fruits, whole grains, nuts, and seeds." They should have stopped right there, but they didn't. Instead they continued on with the following recommendations: "In addition, increase the intake of seafood, and fat-free and low-fat milk and milk products, and consume only moderate amounts of lean meats, poultry, and eggs." With just this one industry-friendly sentence, the consumer is given permission by the Dietary Guidelines Advisory Committee to continue eating the animal foods (albeit in moderation) that have caused our nation's current health crisis.



# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001808

**Submission Date:** 07/13/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** S

**Last Name:** B

**Job Title:** House Wife

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** Y

**Comment:** The new dietary guidelines should be based on FACT not on dollars from the seafood, meat, and dairy industries. Animal derived foods are unhealthy. A vegan diet IS healthy and COMPLETE as long as a vitamin B-12 supplement is used and some sunlight is received for vitamin D.

**Comment ID:** 001841

**Submission Date:** 07/13/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Jerry

**Last Name:** Amos

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts

**Attachment:** N

**Comment:** Your dietary guidelines state: "Americans may choose animal products as part of their diet based on the body of evidence showing a general lack of relationship between animal protein consumption and selected health outcomes." That statement ignores plenty of solid scientific proof for decades. The animal food diet of affluence directly leads to the diseases of affluence. Among many many references read "The China Study" by T. Colin Campbell. Animal food diet in emerging countries directly leads to diabetes explosion, heart attacks, breast cancer, obesity, ... The quoted statement is false and should be removed from the guidelines.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001903

**Submission Date:** 07/14/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Kathy

**Last Name:** Dempsey

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts, Milk

**Attachment:** N

**Comment:** I am concerned and disturbed about the recommendation for Americans to consume milk and other dairy products, seafood, meat, poultry and eggs. All of these foods contain cholesterol and are unnecessary to good health. In a time when there is talk of placing 5th graders (!) on statin drugs, we should advise people to avoid all of these foods. In addition, dairy products should not be advised as most of the world's population is lactose intolerant. Dairy also is linked to both breast and prostate cancer. Red and processed meats are linked to colorectal cancer. The committee should stand firm on its recommendation to consume dry beans and peas, vegetables, fruits and whole grains. This is the message that Americans need if we are to halt the obesity, heart disease, cancer and diabetes epidemics.

**Comment ID:** 001923

**Submission Date:** 07/14/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** John

**Last Name:** Pavlidis

**Job Title:** Healthcare consultant

**Key Topic:** Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts, Milk

**Attachment:** N

**Comment:** The report is misleading and contradictory especially in the areas of meat and dairy consumption. Scientific facts are either selectively included or omitted and are often outdated. Overwhelming evidence about the adverse effects of all kinds of meat, poultry, fish, eggs and dairy is blatantly ignored especially when it comes to cardiovascular disease, diabetes, cancer and osteoporosis. Scaring people about rare vitamin deficiencies, or lower quality plant proteins is not serving public health but the extremely powerful meat and dairy lobbies.

There is no other solution than to replace the Dietary Guidelines Advisory Committee with experts who will look at the science with an impartial gaze and render recommendations that are truly for the people rather than for America's industries.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

America needs a Dietary Guidelines Advisory Committee dedicated to fixing the problem of the rich Western diet. Trillions of dollars are at stake if the truth is told, but the survival of our nation is at stake if we do not take action that is long overdue.

**Comment ID:** 001927

**Submission Date:** 07/14/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Krista

**Last Name:** S

**Job Title:** R&D Food Scientist with Nutritional Science Degree

**Key Topic:** Food Groups

**Sub Topic:** Fruits, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Other, Vegetables

**Attachment:** Y

**Comment:** The guidelines need to emphasize the importance of wholesome, sustainable, and organic foods and more fruits and vegetables. To support and encourage consumption of animal products is not the solution, considering that the health problems of our American meat-centered population continue to rise. There are many benefits to a vegetarian diet, and I feel that the proposed 2010 guidelines need to be realigned to focus less on meat, dairy, and protein, and instead focus more on fruits, vegetables, whole grains, legumes, and other plant-based foods. Please see Dr. McDougall's critique attached, and Vegetarian Resource Group's testimony on the matter at [http://www.vrg.org/journal/vj2009issue3/2009\\_issue3\\_vrg\\_testifies.php](http://www.vrg.org/journal/vj2009issue3/2009_issue3_vrg_testifies.php) for further details. Thank you.

**Comment ID:** 001936

**Submission Date:** 07/14/2010

**Organization Type:** Individual/Professional

**Organization Name:** Freelance Scientist & Medical Writer

**First Name:** Mary-Clare

**Last Name:** Holst

**Job Title:** PhD

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** As a scientist, I read diet-related science. I expect those who are taking the crucial step of describing a preferred healthy American diet to have the courage to change the guidelines as the science dictates. The low-fat high-carbohydrate diet is simply not endorsed by scientific studies. I read numerous submissions from those with vested interests, from food industry, various not-for-profit groups, vegans and vegetarians but none of these are promoting real science to back their ideas. In this short submission I refer you to Gary Taubes (Good Calories,Bad Calories) and Lierre Keith (The Vegetarian Myth) for scientific references and arguments countering some of these submissions.

# Comments Summary Report

**Submission Date Between 06/15/2010 and 07/30/2010**

**Key Topic: Food Groups**

Scientifically, the ONLY nutrient that causes an increase in blood triglycerides and cholesterol is carbohydrate. The ONLY nutrient that is rushed to our fat cells is carbohydrate. Science shows that the lipid panel improves i.e., HDL increases, triglycerides decrease, over and above expectations by lowering carbohydrate intake. These are the most important markers for example in diabetic assessment. Eating low carbohydrate has no ill effects, you can lose weight, improve so many health outlooks.

There are essential amino acids (from proteins) and essential fatty acid. You have to eat fat and protein but a human, including an athlete, can survive well without carbohydrate. In fact this is unlikely since there is a small amount of carb in much dairy, eggs, and other high protein foods.

Shopping is so sad Everything is high sugar, & fat-free, low-fat or fat-reduced yet there has not been a study to validate this manipulation of perfectly good natural foods. Saturated fat, and fat other than processed vegetable oils and trans-fat are not bad for us. It's a myth. Fat is an essential part of our diet. It satiates. It doesn't make us fat unless it's eaten with high carbohydrate as promoted in the guidelines.

I beg you to consider the science. To carefully evaluate the scientific literature . To reevaluate your recommendation of low-fat, high carbohydrate. Your healthy diet is killing us!

**Comment ID:** 001944

**Submission Date:** 07/15/2010

**Organization Type:** Individual/Professional

**Organization Name:** N/A

**First Name:** Lachlan

**Last Name:** McDavid

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts, Milk

**Attachment:** N

**Comment:** Given the overwhelming weight of scientific evidence that populations on vegan or near-vegan diets suffer from lower rates of nearly every chronic disease, I find your recommendation that people consume animal products to be unconscionable. Dietary guidelines that were truly developed for public benefit would have enough respect for citizens to tell them the truth: that their meat-, milk-, and egg-rich diets are killing them and their children. Your dietary guidelines, on the other hand, seem to have been developed to benefit the agriculture industry. I realize that government covertly mandates such priorities, but if the professionals charged with assembling dietary advice cannot tell the truth, they should at least have the decency to resign from the committee rather than lie to the public. I am deeply disappointed by your pitiful excuse for nutritional advice. I will continue to tell everyone I know that the USDA is an arm of the meat industry and should be defunded without delay.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 002039

**Submission Date:** 07/15/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Philip

**Last Name:** Larschan

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** PERSONAL OPINION FROM AN AMERICAN CITIZEN

Why would the people in charge of recommending foods for our citizens ever consider adding cholesterol to our diets ?

Our liver can deliver 100% of our cholesterol needs; and as it presently exists, our population is getting sicker by the day.

We do not have to recommend any more sickness and death causing foods to the citizens of our country.

The guidelines are set up to help people, not guide them to sickness and death.

Please be courageous and recognize that animal protein (including milk & milk products) are the biggest threat to our health.

The food lobbyists are selling sickness & death by delivering their products to the unsuspecting American public.

Please stop the massive harm that is killing our people and country !

**Comment ID:** 002000

**Submission Date:** 07/15/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Daniel

**Last Name:** Keough

**Job Title:** Dietitian, Public Health Advocate

**Key Topic:** Food Groups

**Sub Topic:** Fruits, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Milk, Vegetables

**Attachment:** N

**Comment:** It is a pleasure to be able to submit comments prior to the difficult decisions being made of creating the 2010 Dietary Guidelines. I know there is a great deal of pressure on your group, I hope you make 2010 a time for significant change and make major use of the advisory committee recommendations.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Food Groups**

I hope the DGs emphasize the importance of consuming organic, Non-genetically modified foods.

Please listen to the scientific advice and emphasize that diets that emphasize whole plant-based foods are healthiest.

Avoiding foods high in fat, cholesterol and saturated fats are not nutrients, they CAUSE CVD. Trans-fats are toxic and should be avoided, since they are worse than fried lard.

Dairy is UNnecessary. Much of the population cannot tolerate it or avoid it for other health reasons. People look to the DG for alt. sources of Calcium.

Americans tend to get way too much protein. Emphasize plant-based sources and small--if any--portions of meat/animal sources of protein, since they are high in cholesterol, saturated fat and animal products are devoid of any fiber. Beans, Nuts, Seeds, Fish, Eggs, Meat (a better order of the above category).

We have an obesity crisis in this country. A great way to help with this is to recommend limiting/avoiding nutrient VOID added sugars. They only provide extra calories and contribute to obesity, dental carries and higher triglycerides.

Thank you.

The recommendations and the science emphasize a move towards plant-based, does the USDA have the courage to make use of the science? or will it be a re-creation of the previous guidelines? Courage. You have it in you.

**Comment ID:** 001893

**Submission Date:** 07/14/2010

**Organization Type:** Individual/Professional

**Organization Name:** Unleashed Productions

**First Name:** Shira

**Last Name:** Lane

**Job Title:** Film and Media Director & Producer

**Key Topic:** Food Groups

**Sub Topic:** Milk

**Attachment:** N

**Comment:** Many adverse affects have been proven in regards to milk and dairy consumption, the public are beginning to realize this and can be seen with an increased number of alternative beverages to cow?s milk.

1. Cow?s milk is not for everyone, not for those with lactose intolerance which is a majority of our population and especially the minority groups. Recommending cow?s milk to these groups is inconsiderate of their natural food habitats, imposes a life style and can be seen as discrimination.
2. Children of these minorities eat at the lunch cafeteria which is obligated by the School Lunch Program to serve milk, yet these minority children who do not tolerate milk well are now bloated, uncomfortable and unable to concentrate at school ? Are we trying to make it difficult for these children to learn properly at school?
3. Allergies ? most children, teenagers and adults have allergies to milk that can appear in numerous ways: ear infections, asthma, eczema, acne and so much more.
4. Calcium in milk ? does not get absorbed due to the high animal protein content highly prevalent in milk and dairy products, on the contrary causes calcium leeching - a leading cause to osteoporosis and bone fractures that are heavily widespread over the USA. Studies upon studies tell us that milk isn?t the answer to our osteoporosis epidemic. We already are one of the highest per capita consumption of dairy products ? yet have the most bones fractures ? so more couldn?t be the answer.
5. Plentiful studies have established the connection between dairy consumption and reproductive cancers ? please review studies not paid for and conducted by the dairy industry and weigh those studies done by independent researchers heavily - as they do not have any capital, finances or stock market that they worry for ? these indie researchers just seek to get the CORRECT information out there to the public, kudos to them.

I hope that you too shall do the right thing -give the correct information

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001971

**Submission Date:** 07/15/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Kari

**Last Name:** Hammer-Phillips

**Job Title:** Certified Health Educator/Plant-Based Nutrition specialist

**Key Topic:** Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts, Milk

**Attachment:** N

**Comment:** I followed the food pyramid for 40 years, and in doing so my issues related to chronic disease worsened. Once dairy and animal based products were removed from my life, my symptoms improved. By continuing to let financial incentives and self-regulation drive our food recommendations, our society will continue down the path of ill health and chronic disease. Research is plentiful on the harms of a diet based on animal products and the benefits of a plant-based diet...especially as it relates to cancer. Let's put our resources towards educating on prevention instead of a cure.

**Comment ID:** 001975

**Submission Date:** 07/15/2010

**Organization Type:** Individual/Professional

**Organization Name:** Aurora Products Inc.

**First Name:** Paul

**Last Name:** Bellacero

**Job Title:** Director of Sales Development

**Key Topic:** Food Groups

**Sub Topic:** Fruits, Grains, Whole grains, Other

**Attachment:** N

**Comment:** I work for Aurora Products which distributes All Natural & Organic Dried Fruits, Nuts, Trail Mixes and Granola's. These items along with fresh fruits and vegetables are a healthier choice to the foods currently being offered. If we give people a healthier choice they will add them to plates or snacks. Trail mixes are a great alternative to a candy bar or chips. Fresh Fruit is portable and can also be used as a snack. Please review the current offerings and add as many healthy items as possible.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001998

**Submission Date:** 07/15/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Holly

**Last Name:**

**Job Title:** RD

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** One of the primary goals of the 2010 Dietary Guidelines appears to be to reduce the incidence and prevalence of overweight and obesity in the US population without depriving nutrition. Teaching people how to choose nutrient-rich foods that are low in calories, yet high in nutrition is key, along with understanding appropriate servings sizes, food preparation skills and daily exercise.  
For decades we've been a country that is overweight, yet undernourished. In regard to the second action step, I understand what the guidelines are trying to accomplish, but I don't believe that most people understands how to create complete protein sources from plant based foods. I hate to say it, but many people have a hard time understanding how many servings they should consume each day from just the basic food groups. We certainly also need to be careful on caloric intake when speaking in terms of plant based proteins in comparison to lean animal protein sources, especially when we need to decrease the total calories in the diet.  
I also realize that there is a lack of knowledge when choosing lean animal proteins and how to prepare them in a healthy manor. However, lean animal protein is a very nutrient-rich food, offering very few calories per serving and a high amount of nutrients to the diet.

**Comment ID:** 002120

**Submission Date:** 07/15/2010

**Organization Type:** Individual/Professional

**Organization Name:** Flowers Foods

**First Name:** Valerie

**Last Name:** Wayland

**Job Title:** Regulatory Manager

**Key Topic:** Food Groups

**Sub Topic:** Grains, Whole grains

**Attachment:** Y

**Comment:** My name is Valerie Wayland And I am the Regulatory Affairs Manager for Flowers Foods, a company that is part of the U.S. baking industry. I am submitting these comments to assist in creating the 2010 Dietary Guidelines for Americans. I support the comments recently filed by the American Bakers Association. Please see the attached letter.



# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 002122

**Submission Date:** 07/15/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Milk

**Attachment:** N

**Comment:** My husband and I spent years searching for the reason for our health problems. In both cases, dairy products turned out to be a significant contributor to our problems. After discovering how much better we felt after eliminating dairy from our diet, we read more widely on the topic, and find that dairy products are often disease-promoting in humans. The inclusion of dairy products as a highly recommended food for humans erodes the credibility of the USDA to be objective. Based on my personal experience, and much scientific literature (e.g. The China Study), I suggest that dairy products be removed as a recommended food for human consumption.

**Comment ID:** 002042

**Submission Date:** 07/15/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Brie

**Last Name:** Turner-McGrievy, PhD, MS, RD

**Job Title:** Postdoctoral Fellow

**Key Topic:** Food Groups, Minerals, Protein

**Sub Topic:** Iron

**Attachment:** N

**Comment:** Thanks to the Dietary Guidelines Committee for their hard work on a very detailed report. I would like to encourage the committee to refer to the American Dietetic Association's Position Paper on Vegetarian Diets (source: Craig WJ, Mangels AR. J Am Diet Assoc. 2009;109(7):1266-82), which provides an excellent scientific summary on the benefits of and issues with consuming a plant-based diet. In particular, the Committee states that "Vegans have particularly low intakes of vitamin B12, iron and calcium. It is possible to consume complementary plant proteins and have an adequate intake of protein, but education is needed on how to design adequate diets." (Part D: Section 4: Protein) Research has shown that vegetarians and vegans are no more likely to have iron deficiency anemia than non-vegetarians. (source: Ball MJ, et.al. Am J Clin Nutr. 1999;70:353-358.) In our research, we have found that people transitioning to a completely vegan diet had a greater intake of iron than those consuming an omnivorous therapeutic diet. We also found no differences in changes in zinc or calcium intake--although all participants (regardless of diet) in our study fell short of the DRI for calcium intake and women on both diets fell short on zinc intake. (sources: Turner-McGrievy GM, et. al. J Am Diet Assoc. 2008;108:1636-1645. & Turner-McGrievy GM, et. al. Nutrition. 20;9:738-46.) . Therefore, education on how to design adequate diets is important no matter the dietary pattern a person consumes. Finally, the requirement to consume complementary plant proteins is an

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

outdated concept. Please see the ADA's position paper on vegetarian diets which states "complementary proteins do not need to be consumed at the same meal."

**Comment ID:** 001054

**Submission Date:** 06/18/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Shannon

**Last Name:**

**Job Title:** Mother

**Key Topic:** Food Groups, Other

**Sub Topic:**

**Attachment:** N

**Comment:** As you revise the Dietary Guidelines for this country, I think it is excellent to promote fresh (organic) fruits, veggies, whole grains, and truly natural foods. However, I don't think simply encouraging people to reduce their overall caloric and fat intake is wise; after all, that's what's been communicated over the last 20-some years, and obesity has continued to soar as have cancer rates and other health problems caused by artificial sweeteners, "fake" trans fats, and our nation's supply of nutrient-deficient processed food. I FIRMLY believe that biggest problem in this country causing obesity, cancer, etc. is most Americans daily ingestion of chemically-laden, nutrient-deficient processed foods and the misleading belief that lower-calorie (i.e. artificially sweetened) and lower-fat (i.e. plasticized) foods are healthier. Let's get back to REAL food! People need to be educated about the INGREDIENTS in their food, not the calories and fat content. If something in the ingredient list wasn't around at the turn of last century and you don't really know what it is, it's probably not something you should be putting in your body. I know the chemical industry has a stronghold in the food industry because they both seem to have made profit, not consumer health, their bottom line more often than not. We HAVE to change that, or no other effort will significantly change the current obesity crisis in our country.

**Comment ID:** 001999

**Submission Date:** 07/15/2010

**Organization Type:** Industry Association

**Organization Name:** American Meat Institute

**First Name:** Betsy

**Last Name:** Booren

**Job Title:** Director, Scientific Affairs

**Key Topic:** Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Fluid and Electrolytes, Food Groups, Food Safety, Minerals, Nutrient Density/Discretionary Calc, Other, Protein, Vitamins

**Sub Topic:** B Vitamins, Folate, Iron, Meat, Beans, Eggs, Fish, and Nuts, Other, Potassium, Sodium, Vitamin A and Carotenoids, Weight loss, Weight maintenance, Zinc

**Attachment:** Y

**Comment:** See attached document for AMI comments.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 002106

**Submission Date:** 07/15/2010

**Organization Type:** Industry Association

**Organization Name:** Soyfoods Association of North America

**First Name:** Nancy

**Last Name:** Chapman

**Job Title:** Executive Director

**Key Topic:** Eating Patterns, Evidence-based Review Process, Fats, Food Groups, Minerals, Nutrient Density/Discretionary Calc, Protein, Vitamins

**Sub Topic:**

**Attachment:** Y

**Comment:** The Soyfoods Association of North America suggests that in translating the Scientific Report from the Dietary Guidelines Advisory Committee into policy and consumer documents, that DHHS and USDA consider the following suggestions:

1. Distinguish soy products/soyfoods separately from ?cooked dry beans and peas and seeds/nuts.?
2. Recognize that soy protein is comparable to animal protein in protein quality, based on the widely recognized methodology, Protein Digestibility Corrected Amino Acid Score (PDCAAS).
3. Highlight the nutritional adequacy and high-quality protein value of soyfoods.
4. Support further research on the health benefits of plant-based diets and soyfoods in relation to heart disease, weight management and diabetes prevention.
5. Create a consumer brochure that balances simple text with menu tables, graphics and other visuals which captivates, motivates and displays to consumers how to incorporate more plant-based foods into their daily diets.

**Comment ID:** 002108

**Submission Date:** 07/15/2010

**Organization Type:** Industry Association

**Organization Name:** National Pork Producer Council

**First Name:** Sam

**Last Name:** Carney

**Job Title:** President

**Key Topic:** Eating Patterns, Evidence-based Review Process, Food Groups, Minerals, Nutrient Density/Discretionary Calc, Protein, Vitamins

**Sub Topic:** B Vitamins, Meat, Beans, Eggs, Fish, and Nuts, Potassium

**Attachment:** Y

**Comment:** Although it agrees with the Dietary Guidelines Advisory Committee that obesity is the No. 1 public health concern and that Americans need to eat more fruits and vegetables, the National Pork Producers Council is concerned with the committee?s recommendation that Americans consume only ?moderate? amounts of lean meat.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Food Groups**

The problem with the American diet is not over-consumption of lean meat, which provides key nutrients not available from plant-based proteins and which studies show can aid in weight loss, it is over-consumption of empty calories ? foods filled with added sugars and solid fats that provide little nutritional value.

Lean meat is a nutrient-rich source of lean protein with unique attributes not offered by plant proteins, and extensive peer-reviewed research supports a clear role for protein in the form of lean meat as a key part of the solution to the obesity epidemic.

**Comment ID:** 001828

**Submission Date:** 07/13/2010

**Organization Type:** Industry Association

**Organization Name:** Tomato Products Wellness Council

**First Name:** Rodger

**Last Name:** Wasson

**Job Title:** Executive Director

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** Vegetables

**Attachment:** Y

**Comment:** The Tomato Products Wellness Council, an organization of tomato growers, tomato processors and well-known tomato brands working to create awareness of the health benefits of tomato products by providing industry-wide leadership, communications and scientific research, applauds the efforts of the Dietary Guidelines Advisory Committee on their June 15, 2010 report on the Dietary Guidelines 2010. The recommendations in the report will no doubt be helpful in educating the public regarding a health-promoting diet that will help reduce obesity and chronic disease rates in our country. We particularly respect the focus of the DGAC on the total diet and dietary patterns. Also, we are pleased to see that the Committee has favorably considered our previous recommendation to identify the importance of ?red? vegetables rather than the previous reference to ?orange-yellow?. (see attachment)

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 002071

**Submission Date:** 07/15/2010

**Organization Type:** Industry Association

**Organization Name:** National Milk Producers Federation

**First Name:** Beth

**Last Name:** Briczinski

**Job Title:** Director, Dairy Foods & Nutrition

**Key Topic:** Eating Patterns, Food Groups, Nutrient Density/Discretionary Calc

**Sub Topic:**

**Attachment:** Y

**Comment:** Please see the attached document.

**Comment ID:** 002132

**Submission Date:** 07/15/2010

**Organization Type:** Industry Association

**Organization Name:** Juice Products Association (JPA)

**First Name:** Sarah

**Last Name:** Wally

**Job Title:** Manager, Nutrition Communications

**Key Topic:** Eating Patterns, Food Groups, Vitamins

**Sub Topic:** Fruits

**Attachment:** Y

**Comment:** On behalf of the Juice Products Association (JPA), please find our comments attached.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001718

**Submission Date:** 07/12/2010

**Organization Type:** Industry Association

**Organization Name:** United Egg Producers

**First Name:** Howard

**Last Name:** Magwire

**Job Title:** Vice President, Government Relations

**Key Topic:** Evidence-based Review Process, Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts

**Attachment:** Y

**Comment:** I've attached the comments in a zip file of the United Egg Producers regarding the Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010.

**Comment ID:** 001867

**Submission Date:** 07/14/2010

**Organization Type:** Industry Association

**Organization Name:** Produce Marketing Association

**First Name:** Kathy

**Last Name:** Means

**Job Title:** Vice President of Government Relations and Public Affairs

**Key Topic:** Food Groups

**Sub Topic:** Fruits, Vegetables

**Attachment:** Y

**Comment:** Please see the attached comments from the Produce Marketing Association.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 002124

**Submission Date:** 07/15/2010

**Organization Type:** Industry Association

**Organization Name:** The Beef Checkoff

**First Name:** Shalene

**Last Name:** McNeill

**Job Title:** Executive Director, Human Nutrition Research

**Key Topic:** Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts

**Attachment:** Y

**Comment:** The Beef Checkoff's review of the available science supports the Committee's vision that a more healthful lifestyle is achievable with a nutrient-rich total diet approach. However, the Committee's own review of the evidence does not support language that implies the need to further limit lean meat consumption. In fact, it clearly shows that lean meat makes important nutrient contributions to healthful dietary patterns.

**Comment ID:** 002096

**Submission Date:** 07/15/2010

**Organization Type:** Industry Association

**Organization Name:** Canned Food Alliance

**First Name:** Rich

**Last Name:** Tavoletti

**Job Title:** Executive Director

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** Y

**Comment:** The Canned Food Alliance appreciates the work of the DGAC through the development process. The CFA also appreciates the opportunity to provide comments, which are attached.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 002115

**Submission Date:** 07/15/2010

**Organization Type:** Industry Association

**Organization Name:** The Beef Checkoff

**First Name:** Shalene

**Last Name:** McNeill

**Job Title:** Executive Director, Human Nutrition Research

**Key Topic:** Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts

**Attachment:** Y

**Comment:** The Beef Checkoff technical comments related to the Report of the Dietary Guidelines Advisory Committee on the 2010 Dietary Guidelines for Americans.

**Comment ID:** 002083

**Submission Date:** 07/15/2010

**Organization Type:** Industry Association

**Organization Name:** U.S. Apple Association

**First Name:** Allison

**Last Name:** Parker

**Job Title:** Director, Consumer Health and Education

**Key Topic:** Food Groups

**Sub Topic:** Fruits

**Attachment:** Y

**Comment:** USApple commends the Dietary Guidelines Advisory Committee for their time and effort in creating this well-researched, ground-breaking report that helps paint a clearer picture of what is needed to improve Americans' diets and health?which includes greater consumption of fruits and vegetables?especially more apples and apple products. We appreciate the opportunity to comment on the report's findings as the U.S. Department of Agriculture and U.S. Department of Health and Human Services go into the final stages of creating the Dietary Guidelines for Americans. We urge both agencies to translate the expert committee's advice in a way that does not weaken the report's findings, but rather encourages positive dietary habits for the American public. USApple offers more in depth recommendations in the attached document.



# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 002003

**Submission Date:** 07/15/2010

**Organization Type:** Industry Association

**Organization Name:** United Fresh Produce Association

**First Name:** Lorelei

**Last Name:** DiSogra

**Job Title:** VP - Nutrition and Health

**Key Topic:** Food Groups

**Sub Topic:** Fruits, Vegetables

**Attachment:** Y

**Comment:** United Fresh offers four specific recommendations to USDA and HHS to consider in the development of the 2010 Dietary Guidelines. Our suggestions are specifically related to increasing consumption of fruits and vegetables.

**Comment ID:** 001899

**Submission Date:** 07/14/2010

**Organization Type:** Industry Association

**Organization Name:** Mushroom Council

**First Name:** Bart

**Last Name:** Minor

**Job Title:** President

**Key Topic:** Food Groups

**Sub Topic:** Vegetables

**Attachment:** Y

**Comment:** Mushrooms are nutritious, wholesome, versatile and a great value that can easily be incorporated into many dietary patterns throughout the year. Giving Americans specific guidance that shows them how to select and prepare healthful diets will be beneficial. Including specific information on the vitamin D content of Americans' favorite mushrooms as well as tips, meal plans and recipes that include nutrient-dense, very low sodium mushrooms will help Americans make a sustainable and meaningful change in their diets.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 002136

**Submission Date:** 07/15/2010

**Organization Type:** Industry Association

**Organization Name:** International Dairy Foods Association

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** Y

**Comment:** Role of dairy products in the Dietary Guidelines for Americans, 2010

**Comment ID:** 002138

**Submission Date:** 07/15/2010

**Organization Type:** Industry Association

**Organization Name:** International Dairy Foods Association

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** Y

**Comment:** Role of Dairy Foods in the Dietary Guidelines, 2010

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 002158

**Submission Date:** 07/15/2010

**Organization Type:** Industry Association

**Organization Name:** National Council of Farmer Cooperatives

**First Name:** Stacey

**Last Name:** Satterlee

**Job Title:** Vice President, Government Affairs

**Key Topic:** Food Groups

**Sub Topic:** Fruits, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Milk, Vegetables

**Attachment:** Y

**Comment:** Please see the attached statement.

**Comment ID:** 002117

**Submission Date:** 07/15/2010

**Organization Type:** Industry Association

**Organization Name:** National Dairy Council

**First Name:** Greg

**Last Name:** Miller

**Job Title:** EVP, Research, Regulatory and Scientific Affairs

**Key Topic:** Food Groups

**Sub Topic:** Milk

**Attachment:** Y

**Comment:** The NDC commends the 2010 DGAC's science-based conclusions that include increasing consumption of nutrient-dense foods, including low-fat and fat-free milk and milk products, decreasing consumption of solid fats and added sugars, and increasing regular physical activity to improve the health of Americans. Higher dairy food consumption is associated with reduced risk of cardiovascular disease, type 2 diabetes, poor bone health and related diseases. Because Americans are consuming only 60% of the recommended amounts of milk and milk products, research supports the committee's conclusion that efforts are warranted to promote consumption of three servings of low-fat and fat-free milk and milk products for individuals ages 9 years and older. In addition, the 2010 DGAC Report encourages keeping dairy foods in the diet of those individuals with lactose intolerance and recommends lactose-reduced or low-lactose dairy-based products as a means to obtain essential nutrients. Milk is the #1 food source of three of the four nutrients of concern identified by the committee in the American diet (calcium, potassium and vitamin D). The dairy food group (milk, cheese and yogurt) is a substantial contributor of these three nutrients of concern plus phosphorus, magnesium, zinc, protein, vitamin A, vitamin B12 and riboflavin. Establishing milk drinking as a habit among children and helping individuals meet daily recommendations is essential to public health.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 002183

**Submission Date:** 07/22/2010

**Organization Type:** Industry Association

**Organization Name:** Cranberry Institute

**First Name:** Jere

**Last Name:** Downing

**Job Title:** Executive Director

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** Y

**Comment:** Attempts by submitter to enter comments on July 15th prior to 5 pm EDT were hampered due to system constraints. Manual entry by CNPP staff was necessary.

**Comment ID:** 002014

**Submission Date:** 07/15/2010

**Organization Type:** Industry Association

**Organization Name:** Solae LLC

**First Name:** Mark

**Last Name:** Cope

**Job Title:** Clinical Nutrition Scientist

**Key Topic:** Food Groups, Protein

**Sub Topic:** Other, Vegetables

**Attachment:** Y

**Comment:** Soy

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 002093

**Submission Date:** 07/15/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Center for Science in the Public Interest

**First Name:** Margo

**Last Name:** Wootan

**Job Title:** Director, Nutrition Policy

**Key Topic:** Alcoholic Beverages, Carbohydrates, Eating Patterns, Fats, Food Groups, Food Safety, Nutrient Density/Discretionary Calc, Other

**Sub Topic:** Added sugars, Cholesterol, Fish oil, Omega 3 fatty acids, Fruits, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Milk, Oils, Unsaturated fatty acids, Saturated fatty acids, Trans fatty acids, Vegetables, Whole grains

**Attachment:** Y

**Comment:** The Center for Science in the Public Interest applauds the Dietary Guidelines Advisory Committee (DGAC) for its careful review of the science and generally wise conclusions. Overall, we support the report and urge HHS and USDA to translate the scientific recommendations into 1) policy and environmental changes and 2) a revised understandable and actionable Dietary Guidelines for Americans (DGA) to help people eat more healthfully. In our comments, we focus primarily on maximizing the usefulness of the DGA, and we highlight several concerns about the advisory committee's conclusions.

**Comment ID:** 001033

**Submission Date:** 06/17/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** ACTION Health

**First Name:** Donna

**Last Name:** Fritz

**Job Title:** Outreach Assistant -- Registered Dental Hygienist

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** I would like to share my concerns about the clip I saw on Good Morning America in reference to the 2010 New Food Guideline Pyramid. ACTION Health has been in the public schools teaching the My Pyramid program by the USDA recommendation and so many children have benefited by the triangles and exercise. Very teachable material. If the pyramid I saw on GMA was accurate for what is coming out this year, it will be very difficult to teach our children the importance of all the food groups. Breaking them down into categories gives them more understanding. Plants and everything else is not a teaching tool, it leaves too much speculation as to what everything else is. Children need specifics...Thank you

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 002125

**Submission Date:** 07/15/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** PETA

**First Name:** Ingrid

**Last Name:** Newkirk

**Job Title:** President

**Key Topic:** Evidence-based Review Process, Food Groups

**Sub Topic:** Milk

**Attachment:** Y

**Comment:** PETA urges the Committee to halt its unscientific and environmentally devastating promotion of dairy products, given significant, science-based concerns about the health and environmental risks associated with their production and consumption. Rather than promoting cows' milk, the Report should recommend nondairy, plant-based options, which are much healthier and environmentally friendly. At the very least, the Report must acknowledge that these plant-based options are acceptable alternatives to dairy products.

**Comment ID:** 002168

**Submission Date:** 07/16/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** The Peanut Institute

**First Name:** Pat

**Last Name:** Kearney

**Job Title:** Program Director

**Key Topic:** Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts

**Attachment:** Y

**Comment:** See attached letter and article. This comment was submitted on 7/15 prior to 5:00 pm EDT but did not upload into the database to due system constraints.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001811

**Submission Date:** 07/13/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Life Sciences Research Organization

**First Name:** Michael

**Last Name:** Falk

**Job Title:** Executive Director

**Key Topic:** Food Groups

**Sub Topic:** Grains, Whole grains

**Attachment:** Y

**Comment:** See comments attached

**Comment ID:** 001949

**Submission Date:** 07/15/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** International Tree Nut Council Nutrition Research & Education Foundation

**First Name:** Maureen

**Last Name:** Ternus

**Job Title:** Executive Director

**Key Topic:** Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts

**Attachment:** Y

**Comment:** Comments by the International Tree Nut Council Nutrition Research & Education Foundation are attached.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001771

**Submission Date:** 07/13/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:**

**First Name:** Stephanie

**Last Name:** Langer

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** More and more research has shown that dairy is not necessary toward a healthy diet. Like many mammals living on our planet we are capable of getting our calcium needs through dark leafy greens such as collards and Kale. In light of the growing obesity amongst adults and youth in this country we must encourage people to eat a mainly plant based diet. Please listen to the comments of well respected doctors like Caldwell Esselstyn, Micheal Gregor, T. Collin Cambell, and Neal Barnard. There research shows that a plant based diet can reverse heart disease and lower the risk of diabetes. It is time for a change and to show more honesty in how to lead a healthy lifestyle. Many people are unable to afford health care, and deserve to know about a diet that can actually work to protect their health.

**Comment ID:** 002123

**Submission Date:** 07/15/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** New York Coalition for Healthy School Food

**First Name:** Amie

**Last Name:** Hamlin

**Job Title:** Executive Director

**Key Topic:** Food Groups, Food Safety, Protein

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts, Milk

**Attachment:** N

**Comment:** Give a consistent and accurate message on the following:  
On animal foods and disease  
On dietary fat and obesity  
On dairy products and health  
On saturated and trans fats

Include information which was omitted:  
Lactose Intolerance Ignored



# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Food Groups**

Damage from Animal Protein Ignored  
Major Sources of Infections Ignored

Correct FACTUAL ERRORS:  
Plants Are Incomplete Proteins  
Plant-Based Diets Are Nutritionally Inadequate  
Dairy Products and the Risk of Malnutrition  
Eggs Are Safe for the General Public  
Fish Is Health Food, Especially during Pregnancy

Change name of meat, eggs, nuts group to PROTEIN group

Change name of dairy group to CALCIUM group.

**Comment ID:** 001638

**Submission Date:** 07/12/2010

**Organization Type:** Other

**Organization Name:** General Mills Inc.

**First Name:** Kathryn

**Last Name:** Wiemer

**Job Title:** Fellow/Director, General Mills Bell Institute of Health & Nutrition

**Key Topic:** Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Fats, Fluid and Electrolytes, Food Groups, Nutrient Density/Discretionary  
Calc

**Sub Topic:** Added sugars, Fiber, Fish oil, Omega 3 fatty acids, Grains, Whole grains, Saturated fatty acids, Sodium, Trans fatty acids, Whole grains

**Attachment:** Y

**Comment:** Please see attached letter outlining General Mills' comments on the 2010 Dietary Guidelines Advisory Committee's Technical Report. We appreciate the work of the DGAC Committee during the development process. Please contact me with any questions regarding our comments. Kathy Wiemer

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 002075

**Submission Date:** 07/15/2010

**Organization Type:** Other

**Organization Name:** Kellogg Company

**First Name:** Nelson

**Last Name:** Almeida, PhD, FACN

**Job Title:** Vice President, U.S./Global Nutrition Science, Labeling and Marketing

**Key Topic:** Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Food Groups, Nutrient Density/Discretionary Calc

**Sub Topic:** Fiber, Grains, Whole grains, Whole grains

**Attachment:** Y

**Comment:** Attached are comments on the Final Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010.

**Comment ID:** 002116

**Submission Date:** 07/15/2010

**Organization Type:** Other

**Organization Name:** American Council of Fitness and Nutrition

**First Name:** Alison

**Last Name:** Kretser

**Job Title:** Executive Director

**Key Topic:** Eating Patterns, Energy Balance/Physical Activity, Fats, Fluid and Electrolytes, Food Groups

**Sub Topic:** Potassium

**Attachment:** Y

**Comment:** We welcome the suggestion by the committee to develop a strategic plan to help Americans implement the 2010 Dietary Guidelines for Americans. This would include a standard of education that emphasizes nutrition education and physical activity teaching children energy balance.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 002060

**Submission Date:** 07/15/2010

**Organization Type:** Other

**Organization Name:** Welch Foods Inc., A Cooperative

**First Name:** Casey

**Last Name:** Lewis, MS, RD

**Job Title:** Manager, Health & Nutrition

**Key Topic:** Food Groups

**Sub Topic:** Fruits

**Attachment:** Y

**Comment:** See attached document.

**Comment ID:** 001967

**Submission Date:** 07/15/2010

**Organization Type:** Other

**Organization Name:**

**First Name:** Krista

**Last Name:** Holley

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** Until those in power educate the public appropriately, we will never stop our country's health problems. These guidelines give some good recommendations when it says to focus on a "plant-based diet that emphasizes vegetables, cooked dry beans and peas, fruits, whole grains, nuts, and seeds." However, this information is going to be missed due to the recommendations that followed this statement. By instructing the public to "increase the intake of seafood, and fat-free and low-fat milk and milk products, and consume only moderate amounts of lean meats, poultry, and eggs" the public is not going to change their diet. This last sentence is giving the consumer encouragement to continue eating animal based foods even amongst the research that indicates the many health problems associated with consuming animal products. These health problems and diseases include heart disease (the number one killer in America), cancer, osteoporosis and obesity. Instead of being a country devoted to "quick fixes" and drugs to take away the symptoms of our diseases why not be proactive and prevent the diseases from occurring? By eating a plant based diet our country would eliminate many of the current health problems and live happy, healthy lives. The nutrients per calorie of plant based food far surpasses those of any animal product. These guidelines must be changed so that America can begin to heal and become healthy.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001972

**Submission Date:** 07/15/2010

**Organization Type:** Other

**Organization Name:** Various Animal Agriculture Trade Associations

**First Name:** Randy

**Last Name:** Green

**Job Title:** Senior Gov't Relations Representative

**Key Topic:** Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts

**Attachment:** Y

**Comment:** I've attached the joint group comments of several animal agriculture trade associations regarding the Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010.

**Comment ID:** 001350

**Submission Date:** 07/04/2010

**Organization Type:** Other

**Organization Name:** Chef 77 Personal Chef Service

**First Name:** Jakub

**Last Name:** Mejsstrik

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Fruits, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Milk, Vegetables

**Attachment:** N

**Comment:** In order to be healthy we have to eliminate meat and dairy products from our diets. It has been proven over and over that animal products do nothing but harm to our bodies. SO we must incorporate more vegetables, whole grains and fruit while eliminating MILK and MEAT.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001121

**Submission Date:** 06/23/2010

**Organization Type:** Other

**Organization Name:**

**First Name:** Betty

**Last Name:** Pearson

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Grains, Whole grains

**Attachment:** N

**Comment:** The current suggested dietary guidelines are creating more diabetics with such a large emphasis on grains. I am such a person who followed the guidelines, and ended up becoming diabetic. When I feed my chickens breads and grains, it makes them fat. Same thing with other animals and people. Especially processed grains which provoke a huge spike in insulin. You are breeding diabetics in epidemic proportions with the current food pyramid!

**Comment ID:** 000983

**Submission Date:** 06/15/2010

**Organization Type:** Other

**Organization Name:** Individual citizen with Diabetes type 2

**First Name:** Shannon

**Last Name:** Westrup

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Fruits, Grains, Whole grains

**Attachment:** N

**Comment:** In addressing and promoting good dietary habits for major chronic diseases, you MUST look into the effect that grain products and fruit have on diabetes patients. Nothing raises blood glucose much faster than refined grain products, and even whole grains are a likely offender for non-insulin dependent patients.

It is appalling that the agriculture industry is considered so heavily in the building of these guidelines, when it causes such grievous harm to persons with diabetes.

You need to make your pyramid adaptable to different individual circumstances, or else modify the grains end of it and increase the fats. Unsaturated fat is a diabetic's best friend, in that it slows the absorption of carbohydrate.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001800

**Submission Date:** 07/13/2010

**Organization Type:** Other

**Organization Name:** Wegmans Food Markets

**First Name:** David

**Last Name:** Corsi

**Job Title:** VP of Produce Operations

**Key Topic:** Food Groups

**Sub Topic:** Fruits, Vegetables

**Attachment:** N

**Comment:** At Wegmans Food Markets, we fully support the principle that fruits and vegetables are the cornerstone of a healthful diet. To encourage increased consumption, we have an ongoing commitment to provide resources to help educate our customers about living healthier, better lives by ?Striving for 5 cups of fruits and vegetables? every day. We believe that in order to be helpful, we need to convey phrases and images that make it obvious and easy for consumers to meet the guidelines. Images such as ?5 cups? and ?make half your plate fruits and vegetables? are simple and actionable. We have had measurable success with this approach, and are confident that we are raising the bar in increasing consumption in our market areas. We commend the DGAC for its efforts, but now it is up to the agencies to translate the DGAC report in ways that are unmistakably clear to consumers, and back it up by policy that makes it easy to eat right.

**Comment ID:** 001879

**Submission Date:** 07/14/2010

**Organization Type:** Other

**Organization Name:** Seald Sweet LLC

**First Name:** David

**Last Name:** Mixon

**Job Title:** Chief Marketing Officer

**Key Topic:** Food Groups

**Sub Topic:** Fruits, Vegetables

**Attachment:** Y

**Comment:** Comments by David Mixon, Seald Sweet LLC (attached).

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001754

**Submission Date:** 07/13/2010

**Organization Type:** Other

**Organization Name:**

**First Name:** Karel

**Last Name:** Austin

**Job Title:** citizen

**Key Topic:** Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts, Milk

**Attachment:** N

**Comment:** Many Americans take this to "heart". I think it should more blatantly stress that people reduce the intake of dairy, eggs, meat, and high cholesterol foods including seafood. I've had high cholesterol for most of my life. Now - I'm over 50 and know the benefits of eating an almost all organic plant based diet. Please don't tell people to eat more polyunsaturated and monounsaturated fats which are gram for gram just as fattening as saturated fats. For the high number of children suffering from obesity and even higher number of people of suffering from diabetes, heart disease and cancer, we need to take better action then the recommendations in this report. People in the US have the highest rates of hip fractures. This increases as average intake of animal protein and dairy products increases. Please change this report also so that the average person knows they can get all the "protein" and nutrients directly from plant foods. It is better for our economy, our health and the environment. Thank you.

**Comment ID:** 001784

**Submission Date:** 07/13/2010

**Organization Type:** Other

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Fruits, Vegetables

**Attachment:** N

**Comment:** we feel that the next edition of the Dietary Guidelines for Americans must have a very strong call to action backed up good representation through communications. Make statements simple like the one I heard that said "make half your plate fruits and vegetables. Such a simple statement that asks for a reaction would be great for consumers. this is a win win program as not only would the health of our citizens improve, but the economics of health care would be eased, and food production (one of the strongest economies in the US) would be benefited. thank you

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001681

**Submission Date:** 07/12/2010

**Organization Type:** Other

**Organization Name:**

**First Name:** Allen

**Last Name:** Appell

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** Most of the major Western dietary diseases such as heart disease, cancer and osteoporosis are insignificant problems in plant based cultures such as those in Asia. Please tell the simple truth that eliminating dairy and meat will solve these problems in the West.

**Comment ID:** 001659

**Submission Date:** 07/12/2010

**Organization Type:** Other

**Organization Name:**

**First Name:** Kerstin

**Last Name:** Decker

**Job Title:** Dietitian and RN

**Key Topic:** Food Groups

**Sub Topic:** Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Milk, Vegetables

**Attachment:** N

**Comment:** As a dietitian and RN and healthcare educator, I feel that we need to go to more plant foods and less animal products. Milk and milk products have shown consistently that they are largely the culprit in obesity, cardiac problems and definitely osteoporosis and cholesterol problems. The same is true with meat. Americans eat too much meat because they have the permission from the Food Panels, such as yours. We will never get the food pyramid in check, if we tell people that meat is healthy. Grains. vegetables, fruits are much more healthy, as has been proven by the work done by Dr. McDougall MD and Dr. Neil Barnard MD. We need to change the pyramid



# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001448

**Submission Date:** 07/09/2010

**Organization Type:** Other

**Organization Name:**

**First Name:** Lee

**Last Name:** Mannering

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:** Fruits, Vegetables

**Attachment:** N

**Comment:** As changes to the dietary guidelines are being considered, I urge the committee to emphasize the consumption of fruits and vegetables. Fruits and vegetables are the cornerstones of healthy diets. I'd also encourage the committee to work with other federal agencies to ensure that the new guidelines are implemented across government feeding programs like school lunch, breakfast, and other efforts.

**Comment ID:** 001241

**Submission Date:** 06/26/2010

**Organization Type:** Other

**Organization Name:**

**First Name:** Erin

**Last Name:**

**Job Title:** CRNA, Mom and wife

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** I completely disagree with the current and planned updated American dietary guidelines. As a health care professional, I see patients every day who say they follow the low-fat, high carb, diet who have multiple chronic and auto-immune diseases as well as diabetes and obesity. I see patients drinking multiple cans of diet soda with weakened bones requiring surgical repair. I could go on and on about the diet related diseases and problems I encounter daily at my job but the bottom line is this. The dietary guidelines and food pyramids taught to children are incorrect in a few ways. The emphasis should be on eating whole natural food and teaching people how to prepare them correctly to utilize all the nutrients. We should not blame full fat meat, cheese, eggs and milk. Our species has flourished on this since the dawn of man. Place the blame where it is deserved, on the processed foods and high carbs and chemicals in the food and packaging. Put research onto this instead of researching ways to blame hard cheese, butter and milk for society's obesity and disease woes.  
Thanks you, Erin

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001020

**Submission Date:** 06/17/2010

**Organization Type:** Other

**Organization Name:**

**First Name:** Shanna

**Last Name:** Allen

**Job Title:** Research Assistant

**Key Topic:** Food Groups, Protein

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts, Milk

**Attachment:** N

**Comment:** I have reviewed your updated dietary guidelines for 2010. I do appreciate your emphasis on shifting toward a plant-based diet. I think that there is a need to stress much more the importance of drastically minimizing consumption of meat, dairy, eggs, and fish. It is no secret the impact these foods have on the environment, our health, the hungry of the world, and the lives of animals. It is irresponsible of you to allow the industry to sway your opinions about what a healthy diet consists of. The future of our species is at stake, and that is not an extreme or dramatic statement, it is the truth. Please please please promote true health in your guidelines, which undoubtedly includes a strong emphasis on a plant-based diet. You have the power to change history, change the world. Do what your hearts tell you is best. This decision should not be based on money, influence, and power. It should be based on what is true and best for the people of this world. Thank you for your consideration of my thoughts.

**Comment ID:** 002105

**Submission Date:** 07/15/2010

**Organization Type:** Professional Association

**Organization Name:** American Dietetic Association

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Alcoholic Beverages, Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Fats, Fluid and Electrolytes, Food Groups, Food Safety, Other, Protein, Vitamins

**Sub Topic:**

**Attachment:** Y

**Comment:** The American Dietetic Association is pleased to provide the attached comments on the translation of the Dietary Guidelines Advisory Committee report into the 2010 Dietary Guidelines for Americans.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 002133

**Submission Date:** 07/15/2010

**Organization Type:** Professional Association

**Organization Name:** National Cattlemen's Beef Association

**First Name:** Steve

**Last Name:** Foglesong

**Job Title:** President

**Key Topic:** Food Groups

**Sub Topic:** Meat, Beans, Eggs, Fish, and Nuts

**Attachment:** Y

**Comment:** Cattle producers have a long history of supporting nutrition research, education and communication programs to help consumers choose beef as part of a healthy and balanced diet. Our Statement of Principles Regarding Nutrition and Health, in place since 1984 and updated every five years, outline our commitment to providing a wholesome, nutritious food and to communicating accurate information about beef's nutritional qualities and the role of beef in a healthful diet. We believe the overwhelming scientific evidence shows that dietary balance, variety and moderation coupled with appropriate physical activity provides the foundation for a healthful life and we have long supported the recommendations of the Dietary Guidelines for Americans and the United States Department of Agriculture food guide in that regard.

**Comment ID:** 001815

**Submission Date:** 07/13/2010

**Organization Type:** Professional Association

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** Regarding the new Dietary Guidelines advisory committee report: we don't need to tell Americans to increase eating any kind of dairy or meat products. If we must tell Americans to increase eating anything, it should be fruits and vegetables, and beans and whole grains. The committee knows the real truth about animal products but the message continues to get softened, obviously, by the pressure of these industries.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Food Groups

**Comment ID:** 001830

**Submission Date:** 07/13/2010

**Organization Type:** Professional Association

**Organization Name:** Group On Nutrition

**First Name:** Roger

**Last Name:** Shewmake, PhD, LN

**Job Title:** Co-Chair, Group on Nutrition

**Key Topic:** Food Groups

**Sub Topic:**

**Attachment:** Y

**Comment:** Milk and milk products provide safe and healthy sources of calcium, Vitamin D, potassium, and high quality protein. Bone health, blood pressure, diabetes, and cardiovascular disease as well as normal growth, development and immunity are influenced by the nutrients found in milk and milk products.

The more information we provide about the guideline coupled with broad dissemination of the guideline will help healthcare providers counsel individuals in regard to healthy nutritional choices.

**Comment ID:** 001660

**Submission Date:** 07/12/2010

**Organization Type:** State/Local Government Agency

**Organization Name:** Florida Department of Citrus

**First Name:** Ken

**Last Name:** Keck

**Job Title:** Executive Director

**Key Topic:** Food Groups

**Sub Topic:** Fruits

**Attachment:** Y

**Comment:** We request the inclusion of clear guidance on the food label for consumers to distinguish between 100% fruit juices and sugar sweetened beverages. We request the inclusion of 100% fruit juice in the list of nutrient-dense foods (pages B2-9, D2-2, definition on page E2-6). We recommend consistent language regarding 100% fruit juice consumption for children and adolescents in the Total Diet chapter of the report (Part B, Section 2: pages B2-2, D1-24, D1-39).